BP TAKES RESPONSIBILITY FOR OIL SPILL, PG 6

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Health & Beauty

Gym bag beauty goods
pg 13

Celebrity Buzz

Elin jogging solo in Sweden
pg 17

Canucks fan arrested by Chicago cops

PLAYOFFS A Canucks fan from Vancouver is facing charges in Chicago after a security guard was allegedly punched in the mouth following Game 1 at the Blackhawks' arena.

The man was in a security office at the United Center in connection to an unrelated incident when he became agitated, according to a police report quoted by the Chicago Sun-Times. He then allegedly struck a male stadium security officer in the lip, causing minor swelling.

Grant Rowe, 27, who lives in downtown Vancouver, is scheduled to appear in a Chicago court June 29.

METRO VANCOUVER

Game 2 **Hawks win 4-2**

NAM Y. HUH/THE ASSOCIATED PRESS

Canucks goalie Roberto Luongo talks to a referee last night during the second period of Game 2 of the NHL hockey Western Conference second-round playoffs. The Chicago Blackhawks tied the series with a 4-2 win in Chicago. **Coverage, page 11.**

Tweet raises tempest over 'Canada's team'

Much ado about nothing, says heritage minister over remarks

JEFF HODSON
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An innocent sounding tweet posted this weekend has landed Canada's heritage minister in political soup hotter than Roberto Luongo's glove hand.

Coquitlam Conservative MP James Moore, an avid user of Twitter, tweeted Saturday that the Vancouver Canucks are Canada's team in the playoffs.

By omission, Moore, who is also minister of official languages, implied that the other Canadian team in the playoffs, the Montreal Canadiens, is not Canada's team.

He also noted that the "handsome" green-blue Vancouver colours were reminiscent of the Canadian Alliance, Moore's former political party.

Montreal-area Liberal MP Justin Trudeau, himself a former Vancouver high school teacher, admonished Moore to "show a little more respect" for the other Canadian team in the playoffs.

Online, the gloves were dropped as people tweeted their support or opposition to Moore's comments. Others questioned the story's news value and hoped it would disappear.

twitter
The Canucks are Canada's team in these playoffs. Plus, they're wearing those handsome Canadian Alliance-esque blue/green jerseys
mpjamesmoore

TWITTER

The original tweet sent out by James Moore.

twitter
justinpjtrudeau
@MPJamesMoore "The Canucks are Canada's team in these playoffs." You don't have to like the #Habs, but you could show a little more respect.

TWITTER

Justin Trudeau's reply tweet.

Metro's online managing editor Canice Leung said the outcry is an overreaction and pointed out that politicians use social networking, like Twitter, to reach out to constituents.

"I'm sure he was joking," Leung said. "The atmosphere of Twitter is that everything is said with a bit of a smirk."

In Ottawa yesterday, Moore asked reporters to "lighten up a bit."

"I love my hockey," Moore said. "And I'd love to see the Habs and the Canucks in the final."

WITH FILES FROM THE CANADIAN PRESS

Teacher faces sex-related charges

COQUITLAM A substitute teacher who has worked at 43 schools in and around Coquitlam is facing nine sex-related charges after three girls in Grade 3 reported being inappropriately touched, RCMP said yesterday.

Cpl. Bert Paquet said an investigation was started on March 10 after parents called to report their daughter was touched by her substitute teacher.

On that same day officers learned that two other girls from the same Grade 3 class had made similar allegations. All three victims were between seven and eight years old and all of the alleged incidents happened on school property.

Plehanov

Mounties contacted administrators at School District 43, which includes Coquitlam, Port Coquitlam, Port Moody and the villages of Anmore and Belcarra, who suspended the suspect.

Aleksandr Vladimirovich Plehanov, known as Mr. P to his students, was arrested March 18 at his Burnaby home. He taught at elementary, middle and high schools between Jan. 31, 2007 and March 15, 2010.

Paquet said Mounties are appealing to the public for help by releasing information on the case.

"Our investigators have reason to believe that there may be more victims and/or witnesses," Paquet said in a release.

Parents trying to determine if their child was in a class taught by the suspect should contact the school directly, Paquet added.

Parents who believe their child may have been victimized or are witness to an incident involving the suspect are asked to call the RCMP at 604-552-7335.

METRO VANCOUVER

Business pg 9

Shaw snaps up Canwest Global

Entertainment pg 15

Pepper meets Black Widow

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Local

Dome coming down today

The dome over B.C. Place will be deflated today beginning at 11 a.m. The process is expected to take about half an hour. For people looking to bring their cameras to the event this morning, some of the prime viewing will be along the south edge of False Creek, from Science World to the Cambie Street Bridge. METRO VANCOUVER

News in brief

HEROIN Police at Vancouver's airport found more than $800,000 worth of heroin hidden in the false bottom of a suitcase after border agents noticed what RCMP call an "anomaly" in the bag when it went through the X-ray. The 32-year-old suspect had arrived on a flight from Germany.

CHARGED Charges have now been laid against a 46-year-old man accused of carrying a concealed weapon at downtown Vancouver businesses. Alexander Marino Durrive, a Courtenay resident, was arrested in an underground parking garage on Friday after leading officers on a foot chase.

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WHAT'S ONLINE TODAY

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Charges laid over flyers

Heed cleared after probe into election campaign

The election campaign manager and financial officer for former B.C. solicitor general Kash Heed were charged yesterday in a Vancouver court in connection to illegal election flyers.

Heed, who resigned as solicitor general last month, will not face any charges, according to special prosecutor Terrence Robertson.

"The investigation," wrote Robertson, "centred on the production, distribution and financing of three election pamphlets, and included an examination of the election financing report filed on behalf of Kash Heed."

According to media reports, the pamphlets at the centre of the investigation were Chinese language and contained statements that the NDP would legalize heroin and bring in an inheritance tax. Heed defeated NDP candidate Gabriel Yiu in Vancouver-Fraserview by 748 votes.

Barinder Sall, chair of Heed's election campaign, was charged with three counts under the Elections Act and three more under the Criminal Code, including obstruction of justice.

Heed's financial officer, Satpal Johl, was charged under the Elections Act for allegedly failing to ensure that all election expenses were properly recorded.

A third man, Dinesh Khanna of North American Mailing, the company that allegedly produced the pamphlets, was also charged with five counts.

In his statement, Robertson said there was no evidence that Heed was involved in the production of the pamphlets or had knowledge of them.

There was also nothing to show that Heed, former chief of the West Vancouver Police Department, had any knowledge that the election financing report was false.

JEFF HODSON/METRO VANCOUVER

JEFF HODSON/METRO VANCOUVER

Kash Heed jokes with Premier Gordon Campbell in April 2009 as the pair announce Heed's intention to run in the 2009 provincial election. He won and was later named solicitor general.

City eyes safe bike routes as part of 10-year cycling plan

COMMUTE Vancouver is looking to add 55 kilometres of safe bike routes within the next two years, Coun. Geoff Meggs said yesterday.

The new 10-year Cycling Program Master Plan is set to go to city council later this week.

The plan will also look to improve safety and accessibility for commuters and make improvements to on-street bicycle parking.

"The more people we can get (onto) bikes, the better," said Meggs. "The critical factor for people is safety."

The cycling plan is part of Vancouver's Greenest City by 2020 initiative.

"We've made a lot of improvements to Vancouver's bike network in the past 18 months, but we need to do more if we want to meet our target of making cycling 10 per cent of all trips by 2020," Mayor Gregor Robertson said in a release.

LAURA FORTEY/ FOR METRO VANCOUVER

Police seek public masturbator

CRIME Vancouver police said yesterday officers are looking for a man who allegedly masturbated at the Urban Fare grocery store in Yaletown.

Staff told the man to leave around 8 p.m. on Saturday after he was caught with his hand down his pants, staring at the Roundhouse Community Centre, police say.

Shortly after, the man was seen talking to a child aged roughly eight to 12 across the street near the Roundhouse.

LAURA FORTEY/ FOR METRO VANCOUVER

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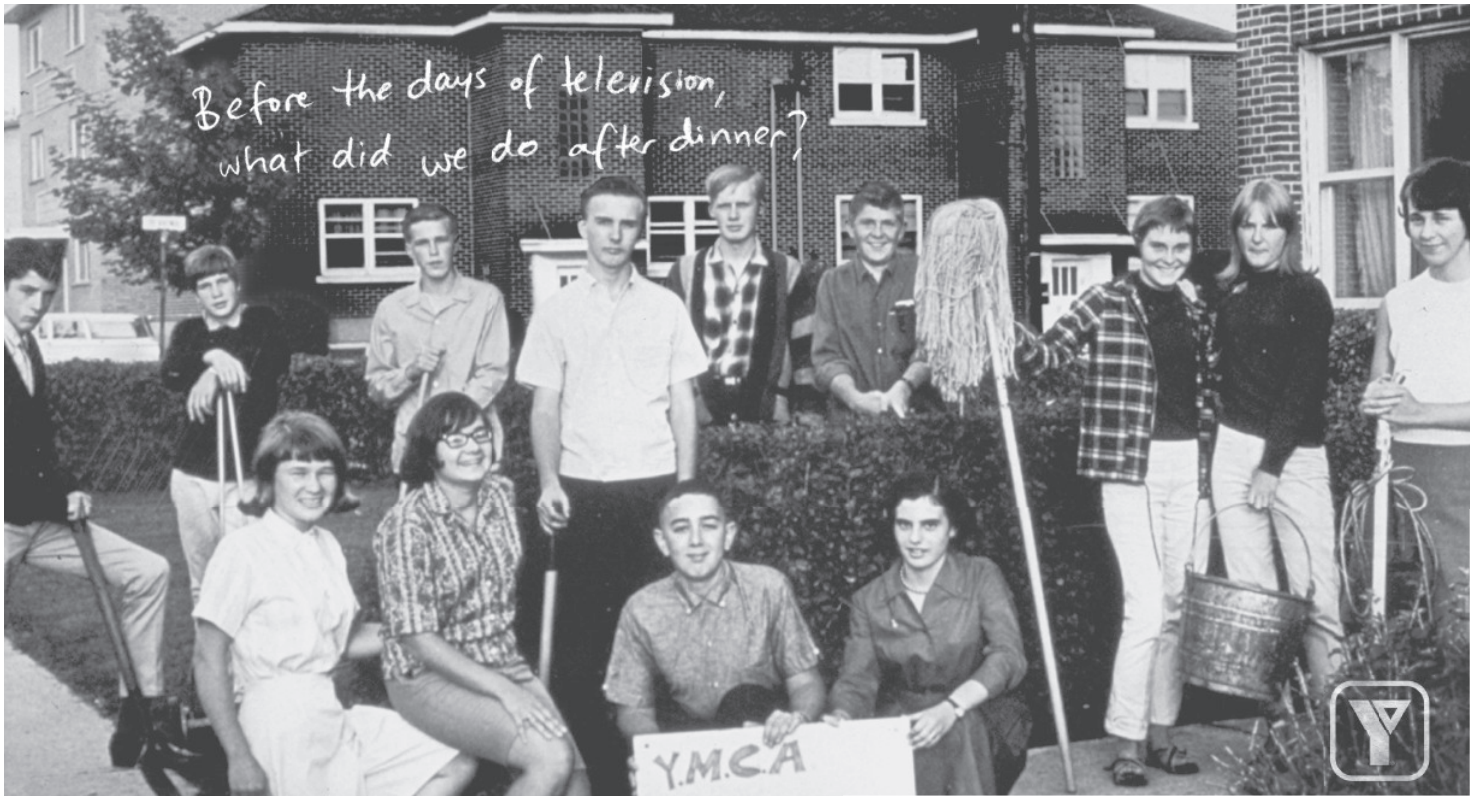

The downtown YMCA is now open. RobertLee YMCA.ca

Cockburn in town tonight
Legendary Canadian folk-rock singer Bruce Cockburn is performing at the Clarke Theatre in Mission tonight. Cockburn, who has recorded more than 30 albums in his 43-year career, hits the stage at 7:30 p.m. METRO VANCOUVER

Man fighting public camping bylaw

LAURA FORTEY
for Metro Vancouver

A homeless man is challenging a Vancouver bylaw with help from social advocacy groups after being ticketed $525 for camping on the sidewalk.

James Oickle lived in a tent for 12 days in the Downtown Eastside after being evicted.

"I've chosen to be on the street (instead of a park) for safety reasons," Oickle said yesterday.

A similar bylaw in Victoria was struck down in October 2008 by advocates who successfully argued for camping in public spaces when shelters are full.

In the case Victoria vs. Adams: Advancing the Right to Shelter, it was decided that not allowing temporary shelter on public spaces violated the right to security.

"After the Adams decision happened we went to the mayor and council and told him Vancouver bylaws were the same way," said Douglas King, a lawyer with the Pivot Legal Society.

He claimed the mayor said the bylaw would be changed by May 1, which hasn't happened.

LAURA FORTEY/FOR METRO VANCOUVER

James Oickle inside his Pivot Legal Society-supplied tent in the Downtown Eastside yesterday.

Wendy Pedersen of the Carnegie Community Action Project said that homeless people are going to keep raising a fuss until something is done.

"There's a city bylaw that prevents the homeless from erecting tents on the sidewalk and instead forces the homeless to hide from police," Pedersen said.

"When the homeless are hidden ... we forget about (them)."

"When the homeless are hidden ... we forget about (them)."
Wendy Pedersen, community activist

Family of four must earn $36.34 an hour to cover basics: Report

KRISTEN THOMPSON
kristen.thompson@metronews.ca

WAGES A couple living in Vancouver with two small children needs to earn a minimum of $18.17 an hour each — $36.34 — if they hope to cover basic living expenses, according to a report released today by the Canadian Centre For Policy Alternatives.

The CCPA calculated the wage from the region's average basic expenses such as rent, child care, food and transportation while taking into account taxes and deductions, said Seth Klein, co-author of the study.

"This is a very conservative calculation," said Klein, adding it's based on a barebones budget that doesn't allow for mortgage or credit card payments, RRSP contributions, or savings for their childrens' university or retirement.

$1.43 The 2010 living wage increased by $1.43 from the 2008 calculation because of the rising cost of food, rent and child care, all of which have risen more than the rate of inflation.

He adds that 40 per cent of families with children in Metro Vancouver are below the living wage income.

Last week, New Westminster city council voted unanimously to adopt a living family wage for its staff, the first municipality in Canada to do so.

Coun. Jaimie McEvoy said staff will receive a minimum income of $16.74 an hour — the calculated living wage for 2008.

"It just seemed to be wrong to have people living in poverty while being paid to work for a public body," he said.

McEvoy said it will cost the city $150,000 to raise the wages of its lowest-earning employees to $16.74.

"It's a really small part of the budget (but it) is a big difference (to families)."

B.C. still hoping to repeal oil ban despite Gulf spill

FUEL The catastrophic oil spill in the Gulf of Mexico has not has not changed the British Columbia government's position in favour of lifting a federal moratorium on offshore activity off the West Coast.

B.C. Energy Minister Blair Lekstrom said the province's ambitions for an offshore oil and gas industry haven't changed.

The federal government first placed a ban on offshore drilling and oil tanker traffic off the West Coast in 1972, and B.C. imposed its own in 1989. But recently the province has urged Ottawa to unlock what could be billions of dollars worth of oil and gas hidden under the ocean floor. THE CANADIAN PRESS

News in brief

DOGS Surrey RCMP seized 26 pit bulls from a house that was undergoing inspections after one dog passed out after consuming a bag of white powder, CTV News reports. The dogs were given to the B.C. SPCA and handed over to HugABull, a pit bull rescue group.
METRO NEWS SERVICES

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Medical pot clinic opens in Maple Ridge

KRISTEN THOMPSON
kristen.thompson@metronews.ca

Medical marijuana is being sold for the first time in Maple Ridge today at a non-profit clinic.

The Always Growing Green Society will sell pot to patients who have referrals from their doctors and who weren't happy with the quality of product provided by the government, said director Michael Johnson.

"It's about time something like this opened in Maple Ridge," said Johnson. He uses marijuana to manage severe back pain because he claims traditional painkillers didn't help.

"I started having to go to the dispensary in Vancouver," Johnson said.

"That was an hour trip each way. The pain just from driving there and back (was terrible)."

"It's about time something like this opened in Maple Ridge."
Michael Johnson, society director

The Always Growing Green Society — like the six other medical marijuana dispensaries in Vancouver and Victoria — follows strict protocols established by police including a small maximum daily dosage.

It will buy its product from registered compassionate growers.

Jacob Hunter, who uses medical marijuana to manage chronic knee pain, said for some people pot is the only effective painkiller.

"I used so much OxyContin that I almost overdosed because it wasn't working (for) me," he said.

Judge rules Taser can go ahead with inquiry appeal

WEAPONS Taser International will be able to proceed with its legal challenge of a B.C. public inquiry prompted by the death of Robert Dziekanski.

A B.C. Supreme Court judge ruled yesterday against a B.C. government application to have the case tossed out.

Justice Robert Sewell said the Arizona-based company's challenge can go ahead, because the inquiry report could have important commercial implications for the weapons maker.

But the judge also rapped Taser for "unnecessary, scandalous and vexatious" allegations of bias made against the inquiry commission's lawyer and the physician who helped interpret much of the medical information submitted as evidence.

The report by Thomas Braidwood last year concluded that Tasers can kill, and made a host of recommendations on restricting their use.

Taser wants the court to quash it, claiming the conclusions weren't based on the evidence.

THE CANADIAN PRESS

Grey whale spotted by Squamish River

WILDLIFE A grey whale has been feeding for days near the mouth of the Squamish River along the B.C. coast north of Vancouver, thrilling onlookers and encouraging whale experts.

Paul Cottrell, of the Department of Fisheries, says it's been a long time since a grey whale has been spotted in the Howe Sound area.

He says the whale appears healthy, is feeding and seems to be making himself right at home.

Cottrell says the grey whale population is expanding and instead of migrating between Mexico and the Bering Sea in the North, more greys are spending time in B.C. waters.

The whale seems to be feeding with gusto, filtering crustaceans off the estuary floor, and Cottrell says they want to make sure the public doesn't disturb or approach it.

THE CANADIAN PRESS

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Putin, Jintao are press "predators": Group
Media advocacy group Reporters Without Borders yesterday put Russian Prime Minister Vladimir Putin and Chinese President Hu Jintao on its annual list of press freedom "predators". THE ASSOCIATED PRESS

Canada/World

A group decision

A small but powerful group of senior public servants chose which Afghanistan detainee documents to turn over to a military watchdog, an inquiry has heard.

But it took nearly an hour of questioning yesterday before the Military Police Complaints Commission learned who decided to withhold reams of paper on prisoner transfers.

Foreign Affairs' top bureaucrat eventually told the commission that the heads of several departments met about the documents.

"There wasn't a name," deputy minister Len Edwards said. "This was a collective decision that was taken among senior officials on the basis of advice of counsel. It was a collective decision, it was a consensual decision. No one individual took the decision."

Those senior officials came from Foreign Affairs, National Defence, CIDA and Public Safety. Also at the meetings were Justice Department lawyers and the clerk of the Privy Council, the bureaucratic arm of the Prime Minister's Office.

That deputy minister-level group, as it was called, was formed after Parliament voted to extend the Afghan mission for two more years in the spring of 2008.

Before that, a group of assistant deputy ministers from Foreign Affairs, National Defence and other departments made those decisions.

Lawyers for the commission and two civil-rights groups tried yesterday to get to the bottom of a paper jam that threatens to stall the inquiry.

THE CANADIAN PRESS

Ottawa **Putting her stamp on it**

TIM WIECLAWSKI/METRO CANADA

Chief Petty Officer 2nd Class Cheryl Bush helps unveil two stamps commemorating the Canadian Navy's centennial yesterday at the Canadian War Museum in Ottawa. Bush appears on one of the stamps.

Feds launch spending review

ECONOMY The Harper government has launched a review that it says will save $1.7 billion this year and subsequent years as part of a cost-cutting offensive announced in the March budget.

Treasury Board president Stockwell Day says the government will review $35 billion in federal spending by 13 departments and agencies in order to trim five per cent of operational spending.

THE CANADIAN PRESS

Indonesia **Laundry day won't be fun**

IRWIN FEDRIANSYAH/THE ASSOCIATED PRESS

Mud-covered dancers perform during the opening ceremony of a Qur'an recital festival on the outskirts of Jakarta yesterday. The recital is intended to help Muslims with the meaning of the Qur'an and the importance of the holy month of Ramadan.

BP to pay for spill damages

OIL SPILL BP PLC gave some assurance yesterday to shrimpers, oil workers and scores of others that they will be paid for damage and injuries from the explosion of a drilling rig and the resulting massive oil spill in the Gulf.

A fact sheet on the company website says BP takes responsibility for cleaning up the spill and will pay compensation for "legitimate and objectively verifiable" claims for property damage, personal injury and commercial losses.

President Barack Obama and several attorneys general have asked the company to explain what exactly that means.

BP CEO Tony Hayward said yesterday on ABC's Good Morning America that BP was not responsible for the accident.

He said the equipment that failed and led to the spill belonged to owner Transocean Ltd., not BP, which operated the Deepwater Horizon rig.

A Transocean spokesman, responded by saying: "We will await all the facts before drawing conclusions and we will not speculate."

The cause of the April 20 explosion, which killed 11 workers, has not been determined.

THE ASSOCIATED PRESS

Times Square bomb suspect in custody: Official

NEW YORK A suspect in last weekend's failed car bomb attack on Times Square was taken into custody late last night while trying to leave the country, a law enforcement official said.

The suspect, a Pakistani, was identified at midnight at John F. Kennedy International Airport and was stopped, said the official, who spoke to The Associated Press early today on the condition of anonymity because of the sensitivity of the investigation.

The suspect has not been named. He was being held in New York.

Law enforcement officials say the suspect recently returned from a trip to Pakistan.

THE ASSOCIATED PRESS

Pakistani Taliban threatens attacks

TERRORISM The Pakistani Taliban promises future attacks on major U.S. cities and appears to claim responsibility for an attempted car bombing in New York in three videos that surfaced after the weekend scare, monitoring groups said yesterday.

U.S. authorities have played down the potential connection between the Pakistani militant network and the car bomb attempt in New York's Times Square, saying the group does not have the global infrastructure to carry out such a strike. However, the Pakistani Taliban is allied with militant networks such as al-Qaida, which could aid in expanding its reach. THE ASSOCIATED PRESS

Group's leader alive after all?

Two of the videos feature Pakistani Taliban chief Hakimullah Mehsud, providing the strongest evidence yet that he survived a U.S. missile strike in January.

News in brief

EDMONTON The National Parole Board has cancelled an upcoming hearing for a man who killed six members of a family during a camping trip in 1982. Another hearing has been scheduled for September 2012.

DRUGS A rise in prescriptions for opioids like OxyContin has spurred a group of doctors to develop guidelines to cut back on growing misuse of the drugs. THE CANADIAN PRESS

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Comment

Shift in media power on horizon

It's barely been in the news, but one of the biggest political stories in a long time will likely happen this week. More than half the major newspapers in the country belonging to the Canwest chain are being sold off.

The winning bidder will gain enormous power — the capacity to shape national discussion. The bidding process has been kept so quiet that little is known about the major candidates for the big prize. But parties representing the right, the centre and the centre-left are apparently in the running.

The newspapers, including the National Post, have been under conservative direction since the late 1990s and have been of major benefit to that cause.

Never mind the Jaffer affair, never mind the Afghan detainees controversy. If the conservatives lose these jewels, which also include major papers in Vancouver, Edmonton, Calgary, Ottawa and Montreal, it would be a bigger blow to Stephen Harper than either.

The reason there has been such little discussion about the sell-off is that media don't do an adequate job of covering media. The old cliché about nobody watching the watchdog applies. In this case, there's a good reason. Since many of the bidders already own large swaths of media, there's too much self-interest for the reporting to be seen as being objective.

There is also, regrettably, no discussion about the issue of concentration of media ownership. This is the ideal time to debate the problem, but there has been none. The papers, apparently, are going to be sold in one big block, meaning the monopoly situation will continue and perhaps worsen.

Media concentration in Canada is among the highest in any Western country. In the mainstream media, a small number of players control what we read, see and hear. If you're thinking too much power in too few hands, you are on the mark.

Several studies over the years, the last being a Senate report in 2006, have all warned of the dangers of concentration but hardly anything has been done. No government has had the courage to act.

Fortunately, the rise of non-traditional media is dinting the domination of the big mainstream players. But it's still a lamentable situation when one family or small group, no matter what side of the political spectrum they represent, can control most of the major newspapers in this country.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.

Views

Developing a detailed sex ed program

The decision by Ontario Premier Dalton McGuinty to postpone the implementation of a sex education curriculum was a wise one, even in the face of exasperated educators, social workers and public health professionals.

The curriculum was denounced by conservative lobbies and religious groups that accused Ontario of promoting a homosexual agenda to children. Even secular parents expressed concern about explicit, age inappropriate subject matter for children. It's a pity the central issue got lost in the fray: The need for a comprehensive sex education curriculum with public consultation.

Educators have long complained about a dichotomy that exists between them and parents. A key player in this controversy has been Elizabeth Schroeder, executive director of an organization called Answer, based at Rutgers University. Answer promotes sexuality education. In reference to McGuinty's decision, Shroeder diminishes her cause by audaciously stating that educators need to "stick our feet in the ground" and say "we are the educational experts. We certainly don't have parents deciding how to teach math." Such an attitude does little more than fan flames.

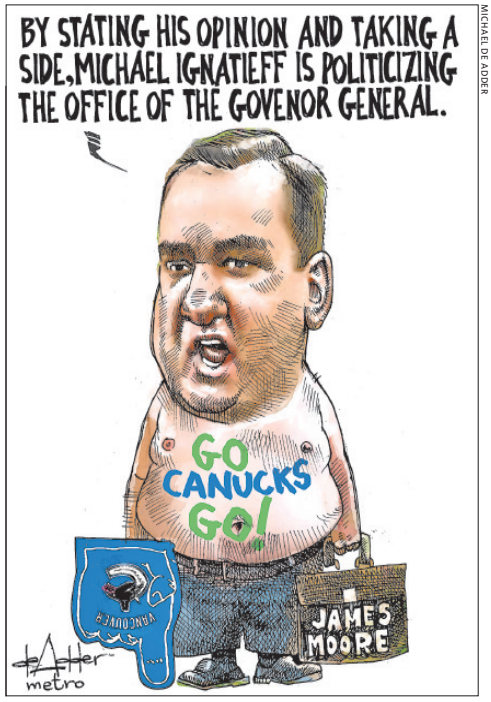
Youngsters are experimenting with raging hormones, a desire to explore, a desire for sexual approval and acceptance. It is illogical to steer clear of a comprehensive sex education curriculum in elementary schools given the reality of teen pregnancies and the risk of contracting an STD. But we need to convey the message in a way that educates parents as well as their children.

Many parents are oblivious about their children's sexual behaviour, which, according to many professionals I have interviewed, even takes place in washrooms between classes.

There needs to be a clearly articulated road map as to how this curriculum is taught: One that will not leave room for questions about agendas. The city of Hamilton, Ont., — with a disproportionately high rate of STDs among youth — implemented a sex ed program six years ago that caused no controversy. It was called the I'm Worth The Wait campaign, focusing on self-esteem issues, peer pressure and making appropriate choices. The program principally encouraged youth to speak with and engage input from trusted adults when it comes to questions about sex. Bravo.

Educators in every province could learn from this as we collectively bear the responsibility for educating our youth in an area that could and does impact their entire lives.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.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Nintendo spices up Wii package
Nintendo Co. is trying to expand U.S. sales of the Wii by throwing in an extra game and an accessory that makes the motion-sensing wand more precise. THE ASSOCIATED PRESS

Business

EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

Shaw acquires Global

Shaw Communications is taking over Canwest's Global television network and a stack of popular cable channels, a move Canada's largest cable operator says will put it on the cutting edge of TV in the digital age.

The $2-billion deal all comes down to content — popular programs like Global's House, Glee and Showcase's Trailer Park Boys — and Shaw's ability to sell it on the Internet, through mobile devices and via video-on-demand.

Jim Shaw

Shaw, until now primarily a cable TV and Internet provider, will get 11 local Global TV stations across Canada and a group of specialty channels, including Showcase, MovieTime and HGTV, some of which were acquired from Alliance Atlantis in 2007.

The price includes $700 million in cash that Shaw will spend to buy the piece of a key Canwest Global subsidiary currently owned by the investment bank Goldman Sachs and bought in 2007 from Alliance Atlantis. THE CANADIAN PRESS

Flight World's largest airline

DAVID PHILLIP/THE ASSOCIATED PRESS

A Continental Airlines plane passes an United Airlines plane at George Bush Intercontinental Airport in Houston, Texas. The firms have agreed to form the world's largest airline in a $3-billion all-stock deal as their industry consolidates under competitive and economic pressures that make profitability elusive.

Canwest headquarters

Torstar bids for Canwest newspapers

MEDIA The owner of the Toronto Star says it has entered its bid for the newspaper assets of Canwest, the media giant that has been restructuring under protection from creditors.

Torstar Corp. says it submitted a formal offer on Friday, putting to rest speculation the publisher of Canada's biggest newspaper was having trouble lining up its financing.

Reports last week suggested that deep-pocketed investment management firm Fairfax Financial, a key shareholder of Torstar, might not be on board with the bid as a financial backer.

But Torstar says it and Fairfax have gone ahead with the offer, and although no financial terms have been disclosed, the banks who effectively own Canwest have set a floor price of $950 million.

Other reported bidders include Victoria-based David Black and Vancouver's Glacier Media. THE CANADIAN PRESS

'One million iPads in 28 days'

TECH Apple Inc. said yesterday that it has sold one million of its new iPad tablet computers in the month after its launch, meaning it's been selling more than twice as fast as the iPhone did when it was new.

Apple said it reached the milestone on Friday, when the new 3G model of the iPad was delivered to its first buyers. That model can access AT&T's cellular broadband network in the U.S. The first models had only Wi-Fi access.

"One million iPads in 28 days — that's less than half of the 74 days it took to achieve this milestone with iPhone," said CEO Steve Jobs. Demand keeps exceeding supply for the tablet, he added.

The iPad is half an inch thick and has a 9.7-inch screen. The Wi-Fi-only models start at $499 US, and the 3G models at $629. THE ASSOCIATED PRESS

After Google spat, China's next Internet crackdown targets 'hostile overseas forces.'
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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Protect yourself from fraud on the road

TRAVEL Planning to travel this summer? Whether it is within Canada or abroad, it is important to protect yourself against credit and debit card fraud.

Remember that it may only take one oversight — leaving your card unattended, for example — for fraud to occur. Protect yourself with these tips from TD Canada Trust:

- Protect your PIN — When conducting a transaction at an ATM or making a debit or credit card purchase, use your hand or body to shield the keypad when you enter your PIN — even if the device you are using has a visor.
- Don't bring more than you need — You don't need a wallet full of credit and debit cards on vacation. Only take the essentials with you — two or three credit cards and your debit card should be enough.
- Keep track of everything — Hang on to your receipts and keep them together. When your account statements arrive after returning home, review them to ensure all transactions and charges are correct.
- Only bank where you feel comfortable — Conduct your ATM and debit transactions when and where you feel most secure.
- If you've got it, don't flaunt it — Don't carry a lot of cash, and don't show off your credit or debit cards. Doing so may make you a target for fraudsters.

NEWS CANADA

Shielding your PIN could save you from a major travel headache.

On the web

Investing: Allan Small discusses the best ways to maximize your tax refund. Visit metronews.ca/investing

Two is better than one

AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney

I was introduced to the concept of twos by an economics professor in Edmonton who specialized in buying small businesses. His method was to have at least two in hand to compare. His strategy wasn't just about getting the best deal.

Rather, he found that by having two legitimate contenders to evaluate, the emotion involved in buying was reduced. He also discovered that after putting two different companies through a rigorous analysis, he often chose the one that he had initially found least attractive.

I try to apply the same principle to houses, cars and other big ticket items. Even if it's love at first sight with a house and/or a condo, for instance, have at least one other property to compare it with.

The comparison exercise often teaches you a great deal about your intended purchase.

Make a detailed list of the attributes of each contender from price to square footage, needed repairs or renovations, location, distance to work and services, taxes, utility costs, and other characteristics such as natural light and potential for expansion.

Next, go over the list thoroughly with your partner, friend or family member. This discussion will help you focus on what is really important to you.

Frankly, this strategy has saved me from buying the wrong house a couple of times and never fails to give me insight into what my family really needs and wants in a house, which is sometimes different than what we think.

The rule of twos works with cars as well. There aren't too many things more seductive than new wheels.

Isn't that exactly what auto designers are all about? Going through the rules of twos process will help you get beyond the glitz and glitter to the important points of mileage, resale value, repair record and suitability for your lifestyle.

Alison's Money Rule:

- When you're buying significant items such as cars and houses always have two on the table at the same time for comparison's sake.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at griffiths.alison@gmail.com.

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Frankfurt	from $299 + taxes & fees $325
London	from $299 + taxes & fees $473
Honolulu	from $338 + taxes & fees $109
Mexico City	from $399 + taxes & fees $122
Paris	from $478 + taxes & fees $427
Chicago	from $489 + taxes & fees $123
Sydney	from $899 + taxes & fees $322
London & Paris	from $578 + taxes & fees $428

Vancouver – London // Paris – Vancouver

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Montreal Air + 3 Nights — from $499 + taxes & fees $125
INCLUDES central accom and breakfast.

Whistler Father's Day
3 Nights + Golf — from $549Δ‡ taxes and fees included
INCLUDES 4-star Whistler Village accom and 1 round of golf per person per night with golf cart.

Montreal & Toronto
Air + 7 Nights + Rail — from $859 + taxes & fees $129
INCLUDES Montreal accom with breakfast, rail from Montreal to Toronto and 4 nights accom in Toronto.

Montreal & Quebec City
Air + 7 Nights — from $929 + taxes & fees $132
INCLUDES 4 nights central accom in Montreal and 3 nights accom in Old Quebec City.

Halifax Air + 5 Nights 4-Star — from $949 + taxes & fees $186
INCLUDES waterfront accom in the heart of downtown Halifax.

USA Vacations

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California Air + 7-day Car — from $369 + taxes & fees $118
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Palm Springs
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Anaheim
Air + 7 Nights + Transfers — from $398◊ + taxes & fees $104
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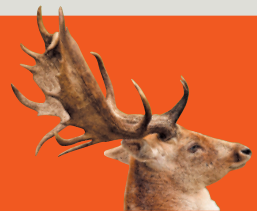
Roethlisberger spent weekend in clinic: Report
The Pittsburgh Post-Gazette reported yesterday that Ben Roethlisberger spent the weekend in a clinic being evaluated as part of sanctions handed down by NFL commissioner Roger Goodell. The newspaper cited an unidentified team source saying the evaluation will take days rather than weeks. THE ASSOCIATED PRESS

Sports



Deer give fans cause for fear

The Milwaukee Bucks' rallying cry — "fear the deer" — turned into a punch-line Sunday afternoon when two deer burst through the glass doors of a Wisconsin restaurant as patrons watched a Bucks playoff game. The restaurant manager and a colleague managed to wrestle both deer to the ground and carry them outside and the animals ran off. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Sports in brief

LACROSSE A University of Virginia men's lacrosse player was charged yesterday with first-degree murder in the death of a women's lacrosse player at the same school. George Huguely, 22, has been charged in the death of Yeardley Love, 22, police said.

NBA New Orleans Hornets majority owner George Shinn has reached a deal to sell his shares of the team to minority owner Gary Chouest, according to two people familiar with the negotiations.

THE ASSOCIATED PRES

SCOREBOARD

NHL PLAYOFFS

YESTERDAY'S RESULTS
Chicago 4 VANCOUVER 2 (Series tied 1-1)
Boston 3 Philadelphia 2 (Boston leads series 2-0)

TODAY'S GAMES
Pittsburgh at Montreal, 4 p.m.
San Jose at Detroit, 4:30 p.m.

BASEBALL

YESTERDAY'S AL RESULTS
Toronto 5 Cleveland 1
Boston 17 L.A. Angels 8
Chicago White Sox 5 Kansas City 1
Minnesota 10 Detroit 4
N.Y. Yankees 4 Baltimore 1
Texas 4 Oakland 2

YESTERDAY'S NL RESULTS
Arizona 9 Houston 1
Cincinnati 3 N.Y. Mets 2 (11 ings)
St. Louis 6 Philadelphia 3
Colorado 5 San Diego 2

TODAY'S AL GAMES
Baltimore at N.Y. Yankees, 4:05 p.m.
Toronto at Cleveland, 4:05 p.m.
L.A. Angels at Boston, 4:10 p.m.
Detroit at Minnesota, 5:10 p.m.
Kansas City at Chicago White Sox, 5:10 p.m.
Texas at Oakland, 7:05 p.m.
Tampa Bay at Seattle, 7:10 p.m.

TODAY'S NL GAMES
Atlanta at Washington, 4:05 p.m.
Chicago Cubs at Pittsburgh, 4:05 p.m.
St. Louis at Philadelphia, 4:05 p.m.
N.Y. Mets at Cincinnati, 4:10 p.m.
San Francisco at Florida, 4:10 p.m.
Arizona at Houston, 5:08 p.m.
Colorado at San Diego, 7:05 p.m.
Milwaukee at L.A. Dodgers, 7:10 p.m.

NBA PLAYOFFS

YESTERDAY'S RESULTS
Boston 104 Cleveland 86 (Series tied 1-1)
Phoenix 111 San Antonio 102

TODAY'S GAMES
Atlanta at Orlando, 5 p.m.
Utah at L.A. Lakers, 7:30 p.m.

Late goal lifts Hawks

(Series tied 1-1)

Canucks 2 Blackhawks 4

VS

Kris Versteeg scored the go-ahead goal from the left circle with 1:30 left and the Chicago Blackhawks rallied to beat the Vancouver Canucks 4-2 yesterday night to even their Western Conference semifinal at 1-1.

After Versteeg lost control momentarily, Dave Bolland dug the puck out and slid it to Brent Seabrook, who passed it to Duncan Keith at the point. Keith then moved the puck to Versteeg, and his first goal of this year's playoffs put the Blackhawks up 3-2 and sent the United Center crowd into a frenzy.

"There were a bunch of guys around me. I'm not even exactly sure what happened on the play," Vancouver goalie Roberto Luongo said.

"Once it went to the point, I got up as quick as I could and got in position and was able to get a glimpse that he fed it across there. So I tried to get across, and I did. He just pretty much made a perfect shot under the bar and in there."

The Blackhawks, who trailed 2-0 with only 5:02 elapsed, tied the game early in the final period on Patrick Sharp's short-handed goal. Patrick Kane added an empty-netter to send the Blackhawks to Vancouver tied 1-1.

Game 3 will be played tomorrow night.

Mason Raymond had a goal, and Mikael Samuelsson added a power-play tally in the opening minutes when it looked as though the Canucks would take control and command in the series. But Seabrook brought the Blackhawks within a goal in the first period.

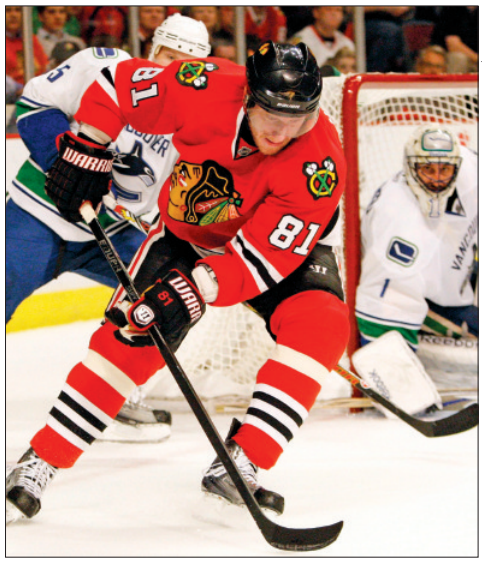
The Canucks, who were 1 for 6 on the power play against goalie Antti Niemi, failed to convert on two man-advantage chances in the final period.

Niemi finished with 24 saves. Luongo stopped 30 shots.

"We had the power play moment twice in the third period where we could have made the difference and not only did we not, they scored on it," Vancouver coach Alain Vigneault said.

"We're going to have to play better than we did tonight, obviously."

THE ASSOCIATED PRESS



MARK HUMPHREY, THE ASSOCIATED PRESS

Chicago's Marian Hossa controls the puck past Vancouver's Christian Ehrhoff as goalie Roberto Luongo watches during the second period of last night's second-round action from Chicago.

Bruins build lead

(Boston leads series 2-0)

Flyers 2 Bruins 3

VS

Milan Lucic waited at the faceoff circle, his back to the goal, for a deflected puck to land. When it hit the ice, the Boston Bruins forward tapped it with his stick to settle it and then, in one motion, turned and shot.

Lucic's turnaround slap shot broke a third-period tie with 2:57 left, and Boston beat the Philadelphia Flyers 3-2 last night to take a 2-0 lead in the best-of-seven Eastern Conference semifinals.

"I was trying to block the defence out and wheel and shoot," said Lucic, who hadn't scored in the playoffs and had just one goal since March 25. "Luckily, it found a hole. ... It was more a relief than anything else. Especially when it's a game-winner like that."

Tuukka Rask made 24 saves, and Miroslav Satan and Johnny Boychuk also scored for Boston. The No. 6 seed in the East, the Bruins inherited home-ice advantage when the conference's top three teams were eliminated in the opening round and protected it heading into Game 3 Wednesday night in Philadelphia.

Brian Boucher stopped 24 shots for the Flyers, who rallied from 1-0 and 2-1 deficits but have yet to lead in the series. Boston won Game 1 on Marc Savard's overtime goal.

"It's almost like back-to-back overtime losses, they scored so late," said Flyers forward Danny Briere, who scored a goal and assisted on one by Mike Richards for his fourth straight multiple-point game.

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Health & Beauty

EDITOR: EMMA.YARDLEY@METRONEWS.CA

Taking soreness out of your swing

CELIA MILNE
for Metro Canada

Does your back hurt when you play golf? You don't have to be in great shape to get on the links, but fitness is a huge advantage to your game. And will help you prevent back injury.

Think of Tiger Woods, who before dominating the celebrity gossip pages, dominated the pro circuit for many years and rarely took time off for injury. He used a mixture of weight training, endurance exercise and flexibility workouts to stay in tip-top shape.

Back pain is very common — affecting an estimated 60 to 80 per cent of the population at some point in their lives. When it already exists, it can be aggravated by the repetitive movements of the golf swing, and in some cases it can be caused by golf.

"Back pain will be exacerbated on golfers who are overweight, with poor flexibility, weak core strength and poor stabilization of the spine," says Patrick Handfield, president of Action Sport Physio Centre Ville and also a senior advisor to Cirque du Soleil in Montreal.

As you age, your joints become stiffer and the disks in your back become weaker with less absorption. Handfield suggests you bend your knees when you pick up your ball from the hole or set up your tee.

Besides developing a higher level of fitness, Handfield and other physiotherapists across Canada also suggest you warm up before playing.

Steve Mah, a physiotherapist and owner of Oakridge Physiotherapy in Vancouver, B.C., recommends dynamic stretching involving repetitive movement. For instance, swing a golf club back and forth.

GETTY IMAGES

Tiger Wood took time off recently for personal reasons but he rarely took time off because of physical injury. He prevented injuries by getting his body in shape before hitting the golf green.

"This is likened to warming up a car when you first start it on a cold morning," says Mah.

Kelly Parr, a physiotherapist at The Sports Medicine Specialists in Toronto, recommends warming up your back using side bends. Stand with your arms straight up over your head. Clasp your hands together and bend slowly sideways, first one side and then up to the middle, then the other side. Repeat this three times.

After playing, Mah suggests static stretching, where you hold each pose for 30 seconds. This allows the body to maintain muscle flexibility following activity and reduces the degree of post-exercise stiffness the next day. Back pain and repetitive stress injuries can often be attributed to poor golf technique or biomechanics.

"For novice golfers and even experienced golfers, it is advisable to have your golf swing assessed to detect abnormalities that can be corrected to prevent potential injuries," says Mah.

If you have back pain that lasts more than three days, you should see a physiotherapist or physician, he adds.

Follow Metro Heath & Beauty on Twitter for all things beautiful & healthy: @metrohb

Tips from The Posture Doc

Here are some pro-active tips from Dr. Bahar:

1. Have a posture check-up. Get assessed by a chiropractor or MD.
2. Increase your awareness of your posture when sitting, standing, sleeping, and using electronic devices. Sit up straight!
3. Treat your mobile devices as if they were hazardous to your health. Try to avoid positioning laptops and mobile devices so you are looking down.

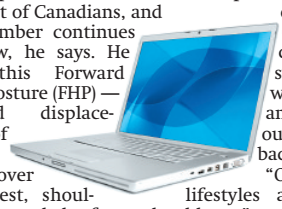
CELIA MILNE/
FOR METRO CANADA

Having a hunch can hinder healthy living

CELIA MILNE
for Metro Canada

Turn off the computer! Sit up straight! Our parents were right: Too much time spent hunched over electronic devices gradually affects our health.

In fact, says Toronto chiropractor Dr. Guy Bahar, bad posture can eventually deplete energy, cause pain, hamper breathing, affect the immune system, and lead to a lower self-image.



Bad posture affects 66 per cent of Canadians, and the number continues to grow, he says. He calls this Forward Head Posture (FHP) — forward displacement of the head over the chest, shoulders rounded forward, chest caved in and the upper back hunched over.

Even young people nowadays have some of the spinal characteristics of the elderly. Over time, FHP can lead to a swaying forward of the hips and hollowing out of the lower back.

"Our modern lifestyles are largely to blame," says Bahar. "Hours sitting hunched over computers, especially laptops, has lead to a Canadian population of FHP sufferers.

"Combine that with the excessive use of PDAs, Blackberries, handheld gaming and cellular phone texting devices, and it's not surprising that FHP is on the rise."

Bahar, who likes to be known as The Posture Doc, uses a four-step training method to correct posture. Fixing FHP leads to better posture, less pain, better sleep, and enhanced mood, he says.

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Adults with Type-2 Diabetes
We are looking for participants in the Lower Mainland to take a Self-Management program and complete some research questionnaires.
Want more information? Call or Email Natalie Gauthier, *Research Coordinator*
604-940-9496 or n.gauthier@eastlink.ca
University of Victoria | Centre on Aging

A gym bag beauty jamboree

LIZA HERZ
for Metro Canada

Let's be upfront here. We are not encouraging you to be that girl who wears full makeup on the treadmill (ick).

But while your workout should be about health and fitness, a little beauty enhancement and pleasure can also be part of your regime. What to add to your already over-stuffed gym bag? Read on.

1

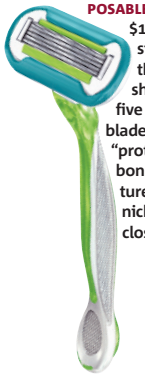
The **THERMOS INTÄK HYDRATION BOTTLE** ($12.99, major retailers) holds over 700 ml of water, shows your fluid intake on an easy-to-read metre and allows for one-handed operation to let you hydrate effortlessly while going all-out on the elliptical machine.

2

Get the most out of every minute spent *not* wearing high heels. **SOF SOLE AIRR INSOLES** ($29.99, Mark's, Sport Chek) have encapsulated air chambers to cushion your feet during high impact activities (think treadmill) plus a gel insert for comfort. Footie bliss.

3

Remember those scratchy, pink, disposable razors with the hollow handles? The new **GILLETTE VENUS EMBRACE DISPOSABLE** (3 for $15.99, drugstores) puts them to shame with five (yes, five) blades and a "protective ribbon of moisture" for a nick-free, close shave.



Follow Metro Heath & Beauty on Twitter for all things beautiful & healthy: @metrohb

4

Do you ever wonder where they get the shampoo in your gym's shower? Use it if you must, but follow up with **NEXXUS BOTANLUXE LEAVE-IN CONDITIONER** ($12.99, drugstores,) with nourishing botanical oils and plant proteins to rehydrate and smooth your hair.

5

Not only does **AVEENO ULTRA CALMING DAILY MOISTURIZER** ($20, drug and mass retailers) soothe skin and protect it from UV rays with SPF 30, but it contains feverfew, known for its antioxidant and anti-inflammatory properties, to minimize post-workout redness.

6

Simplify your locker room makeup routine with this goof-proof trio: **OLAY TOTAL EFFECTS EYE CREAM PLUS TOUCH OF CONCEALER** brightens while it hides dark circles, ($30.99, drugstores), **REVLON GROW LUSCIOUS MASCARA** conditions and makes lashes appear thicker and more profuse, ($9.95, drugstores), and **TARTE CHEEK STAIN IN FLUSH**, ($39, Sephora) gives your cheeks (and lips!) a wash of sheer, natural-looking, rosy colour.

PHOTOS PROVIDED

A HEALTHY OUTSIDE STARTS WITH A HEALTHY INSIDE!

NUTRACLEANSE

NutraCleanse is an all-natural product designed to supplement the serious lack of fibre in the average diet. It offers a range of health benefits and may even help prevent colon cancer.

Nutracleanse is sold in 1 kg bags at health food stores, produce/deli markets, and bodybuilding supplement stores.
A daily serving costs about 75-85 cents. Please check our website and click RETAILERS for a store near you.

BENEFITS OF DAILY USE

- Optimum regularity
- Cleansing and detoxification of colon
- Improved digestion and absorption of nutrients by the body
- Prevention of hemorrhoids
- Lower cholesterol and blood pressure
- Assists in rebuilding of skin cells and cartilage
- Increased energy and vitality
- Maintenance of healthy body weight

SUGGESTED AMOUNT = *1/3 Cup
[daily]
This all-natural product makes up for the lack of fibre in your diet and may help prevent colon Cancer

NUTRACLEANSE IS A WEIGHT-LOSS AID TOO!

1. A half hour before each meal, drink a glass of water (1/3 litre).
2. Morning and evening, 15 minutes before meal, mix 2 heaped tablespoons of Nutracleanse into 2/3 cup milk or juice and drink.
3. Eat less at meals, and walk or take other exercise daily.

0 CARBS GLUTEN - FREE ...for life!

NutraCleanse is an all-natural product designed to address the serious problem of lack of fibre in the North American diet.

NutraCleanse is based on a 150 year-old Finnish recipe and is designed to promote optimum regularity and colon health. Our product generally relieves constipation within 24 hours and the problem does not recur with continued use. The all-natural ingredients of NutraCleanse offer numerous additional health benefits including lower cholesterol and blood pressure, rebuilding of skin cells and cartilage, loss of excess body weight, and increased energy and vitality.

Optimally, it is healthiest to have two to three bowel movements daily. Failure to eliminate waste from the body on a daily basis causes a host of problems. It slows down the rate at which wastes move through the colon, leading to toxins being absorbed into the body. This "auto-intoxication" can, over a period of time, cause auto-immune disorders as well as problems such as obesity, gas, bloating, diverticulosis, headaches, depression, even colon cancer.

For optimum colon health, a lifelong daily intake of **25-30 grams** (about an ounce) of fibre is required. The average diet provides under half of this required amount. One serving of NutraCleanse a day provides approximately **60 percent** of this daily recommended intake making it an excellent dietary fibre cleansing supplement.

A Tasty Solution!

NUTRACLEANSE is a delicious, all-natural blend of ground organic flax seed, psyllium and three cleansing herbs designed to promote optimum regularity and colon health. It is easy to use too... just add 1/3 cup (30 grams) to almost any hot cereal or make a NutraCleanse Smoothie. (see recipes) NutraCleanse is also high in protein and Omega 3 fatty acids which are essential for optimum health. **Flax is the highest in Omega-3 of any food.** NutraCleanse therefore provides the body with high-quality nutrients as well as cleansing fibre and lubrication to the colon.

RECIPE #1
On the run?
Just add 1/3 cup or three heaped tablespoons of NutraCleanse to 2/3 cup milk or juice and stir. Enjoy! (Mixture will naturally thicken after 1 minute.)

For these and other tasty NutraCleanse recipes visit our website at www.nutracleanse.biz

NUTRITIONAL INFORMATION
30 g serving = 1/3 cup

Calories	90
Dietary Fibre	18 g
Fat (Contains the essential fatty acids OMEGA 3+6)	8 g
Protein	4 g

INGREDIENTS
NutraCleanse contains the following all-natural organic ingredients:
Ground Flax Seed
Ground Psyllium Husks
Dandelion Root Powder
Burdock Root Powder
Fenugreek Seed Powder

NutraCleanse... The Optimum Solution.

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E-mail: orderdesk@nutracleanse.biz
NUTRACLEANSE PRODUCTS INC.
PO Box 3561, Mission, BC, Canada V2V 4L1

One of the healthiest veggies

Broccoli is one of the healthiest vegetables around; packed with vitamin C and fibre. To retain its nutrients, steaming or sauteing are the best ways to prepare it. If you're stir-frying brocooli, use extra virgin olive oil or sunflower oil and lightly stir-fry. METRO NEWS SERVICES

Food

Cheesecake AND pancakes!

Weeks after KFC made headlines — not entirely celebratory — by stacking two pieces of chicken around bacon and cheese, IHOP in the United States is introducing a limited-time dessert featuring two pancakes sandwiching a layer of cheesecake. IHOP's Pancake Stackers consist of a crustless cheesecake filling surrounded by two buttermilk pancakes and topped with a strawberry, blueberry or cinnamon apple compote and whipped topping. And yes, the meal can be a diet buster. THE ASSOCIATED PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

Homemade for mom

A tasty DIY gift of mussels and cran-apple crumble

Mother's Day is coming up (it's this Sunday), and if you're short on cash, but big on love, a homemade meal may be just your ticket into the good books with mom.

Pair this impressive meal with a simple bouquet of flowers and a nice bottle of wine for a lovely DIY Mother's Day. - CHRISTY PENGILL

Roasted Spice Crusted Chicken with Fennel, Parsley and Olive Salad

SERVES 4
PREP TIME: 10 MINUTES
COOKING TIME: 15 MINUTES
RECIPE DEVELOPER: PAULA BOWMAN

INGREDIENTS:

- 3 Tbsp olive oil
- 1 tsp ground cinnamon
- 1 tsp ground cumin
- 1 tsp fennel seed, crushed
- 1 tsp ground sweet paprika
- 1 tsp brown sugar
- 1 tsp grated lemon zest
- 3/4 tsp ground cayenne
- 1/2 tsp minced garlic
- 1/2 tsp kosher salt
- 4 (5oz) boneless, skinless chicken breasts
- 1 cup fresh parsley leaves, stems discarded
- 1 fennel bulb, shaved, fronds chopped and 1 tbsp reserved
- 2 blood oranges, peeled and segmented, 3 tbsp juice reserved
- 1/2 cup black olives, pitted

METHOD:

1. Preheat oven to 450°F. Line a rimmed sheet pan with aluminum foil and set aside.
2. In a large bowl, combine 2 tablespoons olive oil and the next nine ingredients and stir until mixed. Add chicken and using hands or a rubber spatula, rub spice mixture all over chicken. Transfer chicken to prepared sheet pan and roast in oven until cooked through, about 15 minutes.
3. Meanwhile, combine remaining 1 tablespoon olive oil, parsley, shaved fennel and fronds, blood orange segments and juice, and olives in a large bowl and toss until thoroughly coated. Season to taste with salt and pepper. Divide salad among 4 plates and serve with sliced chicken breast.

Cran-Apple Crumble

SERVES 4-6
PREP TIME: 10 MINUTES
COOKING TIME: 50 MINUTES
SUBMITTED BY CHRISTINE LUTEN, VERNON, BC

INGREDIENTS:

- 6 apples
- 3/4 cups fresh or frozen cranberries
- 1/4 cup sugar
- 1 tsp cinnamon
- 1/2 cup flour
- 1/2 cup oats
- 1/2 cup brown sugar
- 1/3 cup softened butter

Roasted Spice Crusted Chicken with Fennel, Parsley & Olive Salad.

METHOD:

1. Peel and slice apples into a buttered baking dish (approx. 8" by 8").
2. Sprinkle cranberries over the apples.
3. Sprinkle sugar and cinnamon the apples and cranberries.
4. Mix together flour, oats, and brown sugar. Blend in butter. Spoon over apples and cranberries.
5. Bake at 350°F for 50 minutes. Serve warm with vanilla ice cream.

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ADVERTISING FEATURE

Canadian Dairy Farmers: Pure Pride

100% CANADIAN MILK

Don't ask Norma Winters, a Canadian dairy farmer, how long her family's been in the business. "I've lost count of the generations," she says. "But the piece of land I work on today is the same one my grandmother worked on. We've always liked the security of knowing where our food comes from and how it's made."

Norma and her husband, Alan, run a dairy farm in Cornwall, Ontario. It's not a big farm — just 500 acres and 100 head of Holstein cattle, about 40 of which are milked — but it's enough for them. As Norma explains, it's better to do a few things and do them well.

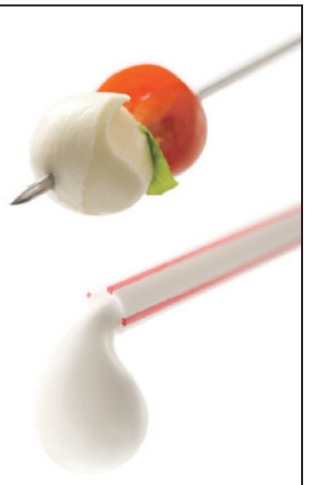
"We grow our own produce, but all of it goes to feeding the animals," says Norma. "Our focus is solely dairy production. And it has to be because the Canadian dairy industry's standards are so high."

Canadian dairy is made from one of our country's most precious resources

Norma and Alan's day begins at 5 a.m. Cows are milked twice a day, usually eight at a time, in a special compartment within the barn. On one side, four cows are hooked up to sterilized milking equipment; on the other side, four more are prepped with a disinfectant wash. When milking is complete, a cow's udder is disinfected again. These measures are part of the job, as are regular veterinary care, a balanced diet, and humane treatment for the cattle.

Norma and Alan are proud of their work, especially when they see the '100% Canadian Milk' symbol displayed on hundreds of dairy products. "We provide safe and nutritious food for our fellow citizens," Norma explains. "And even the biggest cities are no more than a 30-minute drive from farmland. So when you buy Canadian dairy products, you're truly supporting your local economy. The symbol reminds us we're all in this together and guarantees that we are buying products made from 100% Canadian milk – renowned for its purity, high quality and great taste."

For recipes and more info on 100% Canadian Milk, go to metronews.ca/canadianmilk



100% CANADIAN MILK

Behind this symbol is a source of pride.

We can be proud of products bearing the 100% Canadian Milk symbol. It means they are made from locally produced milk renowned for its purity, high quality and great taste.

Look for this symbol on your dairy products.

asourceofpride.ca

Swift a CoverGirl
Taylor Swift has become CoverGirl's latest spokeswoman, according to People. The 20-year-old country sensation will join predecessors such as Drew Barrymore, Rihanna, Queen Latifah and Ellen DeGeneres. TVGUIDE.COM

Entertainment

Show shopper
TV star, model, actress and trendsetter Kim Kardashian makes her Canadian debut in an on-air appearance on The Shopping Channel for the official Canadian launch of her signature fragrance today.
METRO NEWS SERVICES

EDITOR: DEAN.LISK@METRONEWS.CA

Women of steel hold their own

NED EHRBAR
Metro World News

Gwyneth Paltrow reprises her role as Pepper Potts in Iron Man 2, playing the long-suffering assistant to Robert Downey Jr.'s eccentric billionaire, Tony Stark. But this time around, Paltrow isn't the only woman on the scene, with Scarlett Johansson stepping in as a mysterious new employee at Stark Industries. Despite rumours about catfights on set, Paltrow insists she was glad to have Johansson there with her.

Gwyneth Paltrow, left, and Scarlett Johansson star in Iron Man 2, opening this week.

Q Was it nice having another woman in the film?
A I think it's great for the movie. I really loved having another girl on set, because last time it was such a boy's club. And I love the fact that she's, like, a powerful, smart superhero type of girl. When I think of my daughter seeing the movie, I'm so happy that Scarlett has that part. It's like, finally a girl getting to do something.

Q Were you jealous that you didn't get to kick some butt, too?
A No, no. I'm too old for that now.

Q Why do think do you think there were reports of you two not getting along?
A I have no idea. One day on set, Scarlett and I were sitting there having a cup of coffee, and Jon Favreau started making jokes, like, "Oo, there's a reconciliation." I was like, "What are you talking about?" And he's like, "Oh, haven't you see all the tabloids? Apparently you guys are cat-fighting." The tabloids have to write so much stuff. They're trying to keep up with blogs, and it's like everyone needs to write about something, so literally they just invent things.

"Kissing Robert (Downey Jr.) was like kissing my brother."
Gwyneth Paltrow

Q Is Robert Downey Jr. a good kisser?
A Kissing Robert was like kissing my brother or something, you know? He's one of my best friends, I'm very close with his wife.

Meet Black Widow

• Scarlett Johansson admits that joining a comic book franchise — and taking on a butt-kicking character like Black Widow — was something of a challenge. "This was a whole new bag of tricks for me. It came out of left field. It was a lot to immerse myself in," she says. "Training like that is hard. It's a lot of work. You basically suck until you get it right." But she was committed to getting it right — and doing as much of the stunts herself as possible. "You're asked to just completely abandon everything that you think about this person and go with the story," she says, putting herself in the audience's shoes. NED EHRBAR/ METRO WORLD NEWS

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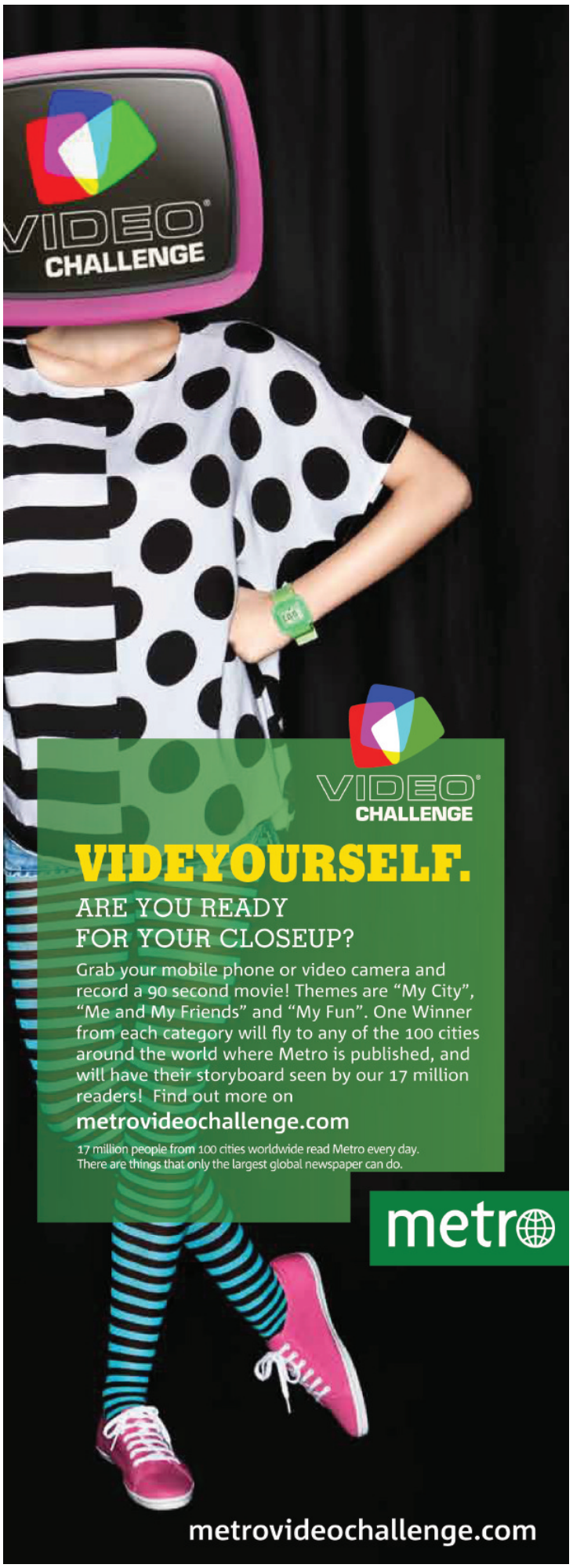
VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
	251	308	3 CBC	News	To Be Announced					CBC News: The National		(:05) The Hour
	254	-	8 OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		Omni News: Punjabi Edition		Law & Order: Criminal Intent		Metropia
	250	321	9 CTV	etalk (CC)	Access H.	American Idol (CC)		Lost "The Candidate" (N)		Law & Order: SVU		CTV News
	-	-	10 JOY	Frasier (CC)	The Insider	Islam 101 (CC)		Enigma "Conjuring Philip"		P3	Diya (CC)	New Day
	252	336	11 GTV	Entertainment	ET Canada	NCIS "Obsession" (N) (CC)		Glee "Bad Reputation" (N)		The Good Wife "Mock" (N)		News
	256	389	12 VI	Degrassi	TMZ (N) (CC)	Dancing With the Stars (CC)		The Middle	Old Christine	(:02) V "Hearts and Minds" (N)		A News (N)
	253	359	13 CITY	The Office	The Office	The Biggest Loser The contestants get makeovers. (N) (CC)				Parenthood (N) (CC)		EP Daily
	-	-	14 CW	The Office	The Office	90210 "Meet the Parent" (N)		Life Unexpected (CC)		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS "Obsession" (N) (CC)		NCIS: Los Angeles "Found"		The Good Wife "Mock" (N)		KIRO 7 News
	287	379	16 NBC	Evening Mag.	Inside Edition	The Biggest Loser The contestants get makeovers. (N) (CC)				Parenthood (N) (CC)		KING 5 News
	602	568	19 W	Supernanny "Bruno Family"		Style by Jury	Beauty	Beauty Call	Style by Jury	When Love Is Not Enough: Lois Wilson		
	288	380	21 ABC	Wheel Fortune	Jeopardy! (N)	Dancing With the Stars (CC)		Lost "The Candidate" (N)		(:02) V "Hearts and Minds" (N)		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	M*A*S*H	The 'Burbs ★★ (1989, Comedy) Tom Hanks, Bruce Dern.				Seinfeld	King	Cold Case
	291	383	27 PBS	West Coast	Steves Europe	NOVA (N) (CC)		Frontline College in America.		Independent Lens "Sunshine"		Independent
	290	382	28 FOX	Two/Half Men	Two/Half Men	American Idol (CC)		Glee "Bad Reputation" (N)		Q13 FOX News at Ten (N)		Family Guy
	-	364	43 PBS	Frontline College in America.		Foot in Grave	After You	Tavis Smiley	Charlie Rose (N) (CC)		NOVA (CC)	
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	The Office	Name Is Earl	South Park	Half & Half	Fast Cash	Street Court	Cold Case
	298	653	35 TLA	Two/Half Men	Two/Half Men	90210 "Meet the Parent" (N)		Life Unexpected (CC)		KTLA 5 News at 10 (N) (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According-Jim	Friends (CC)	Friends (CC)	Maury (CC)	
	297	652	37 WPX	PIX News at Ten (N) (CC)		Two/Half Men	Friends (CC)	Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
	199	311	76 STR	CTV News	NTV Latenight News		Late Show W/Letterman		Late Late Show/Ferguson		Inside Edition	Seinfeld
news	502	390	68 NW	CBC News: The National (N)		CBC News: The National (N)		CBC News: The National (N)		CBC News: the fifth estate		National
	500	500	89 CNN	Anderson Cooper 360 (N) (CC)				Larry King Live (CC)		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Sportsnet	MLB Baseball Milwaukee Brewers at Los Angeles Dodgers.					Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	SportsCentre (CC)			Off the Record	Boxing Pavlik vs. Martinez & Bute vs. Miranda.				SportsCentre
	411	457	49 OLN	Ghost Hunters (CC)		Destination Truth (CC)		Operate-Repo	Operate-Repo	Ghost Hunters (CC)		Ghost Hunters
	410	403	54 SCR	Score Now		Score Now		Score Now		Score Now		Final Score
	417	406	65 SC	Dangerous Drives		Pass Time	NASCAR Hub	Race in 60		NASCAR Hall of Fame		Drives
	416	409	144 GLF	(6:00) Soccer		La Liga 360		Gol TV News	Hallo	Paid Program	Toronto FC Game In and Hour	
family	552	543	25 YTV	That's-Weird	Family Biz	Malcolm-Mid.	Hates Chris	8 Rules	Family Biz	To Be Indie	Family Biz	Prank Patrol
	555	545	50 TEL	Star Wars Clo.	Star Wars Clo.	Star Wars Clo.	Star Wars Clo.	Star Wars Clo.	Star Wars Clo.	Star Wars Clo.	Star Wars Clo.	Star Wars Clo.
	557	541	51 FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	553	546	53 TRE	Little Bear	Toopy	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Big Comfy
cable variety	268	354	5 KNO	Frontiers of Construction		Alternative Medicine		Coma A look at an injured brain. (CC)				Death-Forest
	575	583	20 CMT	Home Imp.	Home Imp.	Meet-Wilsons	Wilsons	Amer. Funniest Home Videos		Reba (CC)	Reba (CC)	According-Jim
	570	580	24 MM	(6:30) Muchmusic Countdown		UR11		Gossip Girl (CC)		On Set: Girl	Love Court	MuchMeg
	600	564	29 H&G	House	House	Holmes on Homes (CC)		Sarah's House	Genevieve	Outdoor Room	Curb/Block	House
	615	520	31 A&E	Criminal Minds (CC)		CSI: Miami (CC)		(:01) Criminal Minds (CC)		(:01) Criminal Minds (CC)		Criminal
	628	584	32 SPKE	Deadliest Warrior (N)		Deadliest Warrior		Real Vice	Real Vice	CSI: Crime Scene Invstgtn.		Trek: Voyager
	521	560	34 TLC	Chocolatiers	Chocolatiers	Child Frozen in Time (CC)		19 Kids-Count	19 Kids-Count	Chocolatiers	Chocolatiers	Best Food
	616	522	63 SHO	Relic Hunter (CC)		Anna's Storm (2007, Action) Sheree Wilson. (CC)				Californication	Secret Diary	(:15) NCIS
	620	523	40 BVO	Spectacle: Elvis		Law & Order "Bad Girl" (CC)		Without a Trace (CC)		Comic Book Confidential ★★★ (1988) (CC)		
	601	562	41 SLC	Wedding SOS	Wedding SOS	ET Canada	What	Real Housewives, Orange		Real Housewives-Atlanta		Runway
	520	505	42 DIS	Deadliest Catch "Sea Tested"		Daily Planet (CC)		Destroyed	Destroyed	Deadliest Catch "Sea Tested"		How It's Made
	522	506	44 HIS	Aftermath "World Without Oil"		Cities of the Underworld		Pawn Stars	Pawn Stars	Nostradamus Effect (CC)		Storm Planets
	627	528	45 SPC	Supernatural (N) (CC)		InnerSpace	Stargate SG-1 "Heroes"			Star Trek: Next Generation		Star Trek: Voyager (CC)
	294	650	57 TBS	The Office	The Office	Lopez Tonight Chris Jericho.		Name Is Earl	Name Is Earl	Sex and-City	Sex and-City	Lopez Tonight
	619	525	48 TROP	The Celebrity Apprentice Creating three radio commercials.				Dog Whisperer (CC)		End of Leash	Last 10	Tube Tales
	603	561	62 FN	Chefs vs. City "New York"		Restaurant Makeover (CC)		Diner, Drive-In	Unwrapped	Dinner: Impossible (CC)		Chefs vs. City
	-	-	53 AMC	(5:00) True Lies ★★★ (1994)		(:15) Lara Croft Tomb Raider: The Cradle of Life ★★ (2003) Angelina Jolie.					(:45) Pitch Black ★★ (2000)	
	626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Flt.-Conchords	Awesome	Daily Show
	320	621	30 CEN	(6:05) Passchendaele (2008)		Four Christmases ★★ (2008) Vince Vaughn.				(:40) Banshee ★ (2006) Taryn Manning, Mike Lombardi. (CC)		
	581	566	101 MTV	The Hills (N)	After	MTV Live	Sex News	The City	The Hills	The Hills	After	After
	261	394	102 V	Unscripted (N)	CrazyLove	Doc "Pilot" (CC) (DVS)		The Accidental Tourist ★★★ (1988, Drama) William Hurt, Kathleen Turner.				
	-	-	105 MUL	My Queen	Immortal	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

V
Erica, Ryan, Father Jack and Hobbes (Elizabeth Mitchell, Morris Chestnut, Joel Gretsch, Charles Mesure) learn that Anna (Morena Baccarin) has sent a shuttle filled with a lethal V tracker team to find them, forcing them to come up with a strategy to keep the craft from landing. Anna gives Tyler (Logan Huffman) his invitation to the Live Aboard program. Chad (Scott Wolf) confronts Father Jack in the new episode "Hearts and Minds." 10:02 PM on ABC VI

Parenthood
Jasmine and Crosby's (Joy Bryant, Dax Shepard) relationship heats up, leaving them unsure about how to explain it to Jabbar (Tyree Brown). Sarah (Lauren Graham) stumbles on Zeek's (Craig T. Nelson) financial problems. Haddie (Sarah Ramos) turns to Amber (Mae Whitman) for boyfriend advice in the new episode "Namaste No More." Peter Krause and Monica Potter also star. 10 PM on NBC. CITY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DVD picks

Nine

Director: Rob Marshall

NINE IS A fractured film about creative and coital conundrums that is best sampled like an array of Italian gelatos. In other words, don't complain about how it all works, just enjoy the yummy bits.

There are plenty of them, mainly the songs by Kate Hudson and Marion Cotillard, but let's get what plot there is out of the way first.

Daniel Day-Lewis is Guido Contini, a Fellini-esque moviemaker in mid-1960s Rome whose best work is behind him, as everybody keeps reminding him. We meet this rogue charmer, "Maestro" as he's known, as he's giving a press conference in Rome's Cinecitta Film Studios, explaining to bewildered journos how you "kill" your movies in the process of making them.

The Maestro could be referring to himself. On the cusp of 50, Guido is in the midst of a full-blown midlife crisis, more from his inability to keep his pants on than writer's block. Rather than begin the epic film Italia that is to be his latest and greatest project, once again starring his sultry muse Claudia (Nicole Kidman), he flees Rome in his vintage convertible Alfa Romeo. He takes refuge in a swank seaside resort, where there is more marble than the Vatican and more spirits than a graveyard.

Here Guido, like Dickens' Scrooge, must confront his past, present and future — but Scrooge was fortunate in only having to deal with ghosts.

Guido's vexations are all flesh-and-blood, although some of them — notably Sophia Loren as his mother — also appear in his vivid fantasies.

He begins his follies by foolishly inviting both his wife (Marion Cotillard) and his lover (Penélope Cruz) to join him.

Marshall's casting is the real draw of Nine. With the exception of Loren, none of his choices are Italian, which could have been a liability in the hands of a less creative director.

Daniel Day-Lewis makes for a game Guido, but not a perfect one the way Marcello Mastroianni was for Fellini's 8 1/2, the 1963 film that Nine is inspired by. Day-Lewis's Italian accent is at best serviceable, and his singing leaves something to be desired — which may explain why his two numbers are rushed and crushed.

Legend has it Fellini filmed 8 1/2 with a note reading, "Remember, it's a comedy" taped to his camera. Marshall and Day-Lewis might have profited from that example.

Peter Howell/for Metro Canada

Sweetin expecting another child

Jodie Sweetin is going to be a mom again. The actress — who has a two-year-old daughter, Zoie, with ex-husband Cody Herpin — is expecting a baby with her boyfriend of one year, Morty Coyle, people.com reports. METRO NEWS SERVICES

Celebrity Buzz

Elin spotted in Sweden

TIGER SPOTTED SOMEONE ELSE, ER ... SOMEWHERE ELSE Confirmed: Elin Woods is in her homeland of Sweden, thousands of miles away from estranged husband Tiger Woods, us-magazine.com reports.

With no bodyguards in sight, Elin, 30, was photographed jogging solo in her native country on Saturday; wearing a black tracksuit and white cap, she listened to tunes on her iPod as she ran.

It's the first known photo of Elin since she took her kids Sam, 2, and Charlie, 15 months, to the Scandinavian nation on April 19.

The threesome is visiting with her family, but fast-and-furious construction also continues at a $3 million US seaside estate Elin recently purchased.

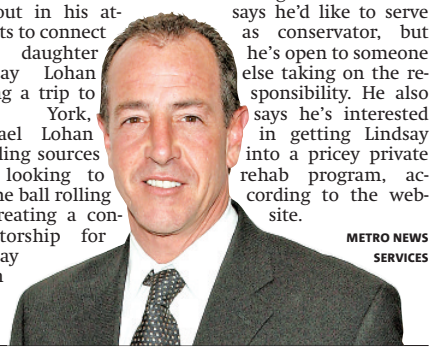
"She and the kids are going to be spending most of the summer there," a family source tells Us. "Without Tiger."

METRO NEWS SERVICES

Lohan wants control of Lindsay's finances

AT LEAST HE'S BEING OPEN ABOUT IT NOW After striking out in his attempts to connect with daughter Lindsay Lohan during a trip to New York, Michael Lohan is telling sources he's looking to get the ball rolling on creating a conservatorship for Lindsay much like Britney Spears' dad did for her, according to TMZ. Michael says he'd like to serve as conservator, but he's open to someone else taking on the responsibility. He also says he's interested in getting Lindsay into a pricey private rehab program, according to the website.

METRO NEWS SERVICES



Follow these celebrities on Twitter...

CelebTweets

COURTNEY LOVE is dispelling rumours which she started herself, **RANIA AL ABDULLAH** is finding new ways to get a point across, **JUSTIN BIEBER** is always learning new things and **BEN STILLER** doesn't see a Zoolander sequel happening

@CourtneyLoveUK i did not date gavin while he was engaged to gwen and im sure he appreciated being rated as a good kisser.

@QueenRania At the International Reading Association convention using peanut butter sandwiches as a metaphor for cross-cultural dialogue.

@justinbieber Really (vocab word) "detest" early mornings...

@RedHourBen Ron Burgundy and Derek Zoolander looking to appear in sequels. Both men destitute, without means or intellect to fund their own comebacks.

METRO NEWS SERVICES

Madonna still loves Jesus

WONDER HOW HER FRIENDS IN KABBALAH FEEL ABOUT THAT Despite rumours that she'd moved on to a younger model, Madonna and Jesus Luz seem very much together, according to sources who spotted them at the Tribeca Film Festival.

The pair appeared cozy while relaxing in the green room at the premiere of "Please Give" at the Tribeca Performing Arts Center. "He was gazing up at Madonna adoringly," a source tells Page Six of Luz

METRO WORLD NEWS

Berry booted Aubry: Source

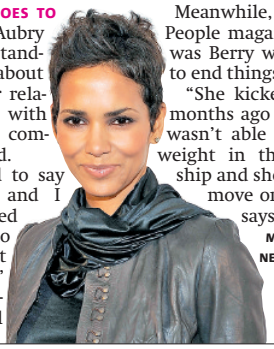
BILLY BOB THORNTON LEFT SOME BIG SHOES TO FILL Gabriel Aubry is understandably down about his five-year relationship with Halle Berry coming to an end.

"I am sad to say that Halle and I have decided together to separate at this time," the Canadian model said in a statement.

Meanwhile, sources tell People magazine that it was Berry who decided to end things.

"She kicked him out months ago because he wasn't able to pull his weight in the relationship and she wanted to move on," a source says.

METRO WORLD NEWS



Shields wants another child

HOW MANY KIDS SHOULD A CELEBRITY HAVE? Brooke Shields is eager to add another child to her family, according to Page Six. Shields and husband Chris Henchy have two young daughters, and the actress was recently spotted gushing over a friend's toddler. But sources say Shields is worried that at 44 she may not be able to get pregnant again.

METRO WORLD NEWS

Country singer comes out of closet

SHE HID IT FOR HER MUSIC NOW SHE'S TELLING EVERYONE FOR THE SAME REASON Country singer Chely Wright is the latest celebrity to come out.

Wright tells People she's gay and that nothing in her life has been more magical than the moment she decided to reveal her sexuality. The 39-year-old says she experienced a community in which homosexuality was shunned and she "hid everything" for her music. "There had never, ever been a country music artist who had acknowledged his or her homosexuality," she said. "I wasn't going to be the first."

The singer-songwriter, who has won both an Academy of Country Music and a Country Music award, will later this week release her memoir, Like Me, as well as her first album in five years, Lifted off the Ground. She'll also appear on the Today Show today. An email sent to Wright's record label wasn't immediately returned. THE ASSOCIATED PRESS

Letterman producer off to jail

DAVE ALWAYS LAUGHS LAST Former CBS producer Robert Halderman is going to jail for trying to blackmail David Letterman.

The former producer was expected to start his six-month term yesterday, after admitting to the shakedown plot in March. He pleaded guilty to attempted grand larceny.

Halderman threatened to ravage Letterman's congenial, clean-cut image by revealing the late-night TV icon's office affairs. Instead, Letterman blunted the $2 million blackmail threat by confessing on his show.

THE ASSOCIATED PRESS

The Weather Network ©The Weather Network 2010

Today Variable 11°/5° | Wednesday Partly cloudy 12°/7° | Thursday Variable 14°/8°

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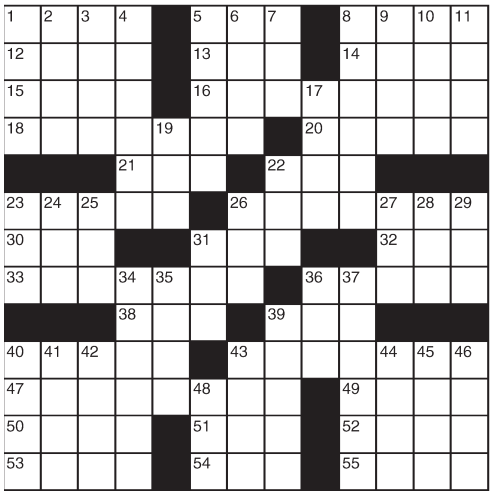

ACROSS

1 Use a teaspoon
5 G8 member
8 Church section
12 Last few notes
13 Fresh
14 Ring out
15 Quite enthusiastic
16 "Arena" for rough estimates
18 Teen at a shopping center, often
20 Haven
21 Melody
22 Unhealthy
23 Pollster's find
26 Corridor
30 Lemieux milieu
31 Old English double-U
32 Time of your life?
33 Roadside emergency phone
36 "Nonsense!"
38 Diving bird
39 Baby food
40 Oodles
43 Patsy
47 Yarn
49 Facility
50 Chills and fever
51 Meadow
52 Still
53 Jewels
54 Grain bristle
55 Untouchable Eliot

DOWN

1 Con game
2 Frat party garment
3 "American —"
4 Loose overcoat
5 Release a deadbolt
6 Membership
7 Puncturing tool
8 Horrify
9 Carrots' partners
10 Ganges wrap
11 Antlered critters
17 Lounge about
19 Disencumber
22 Actor McKellen
23 First X or O?
24 Nipper's employer
25 Slithery fish
26 Whammy
27 "Do — Diddy Diddy"
28 Khan title
29 Evergreen type
31 Moo goo gai pan pan
34 Punch bowls' accessories
35 Bankrupt
36 Chum
37 Blood-filtering organ
39 Hymn of praise
40 Men-only
41 Zoo structure
42 Astringent
43 Took to the skies
44 Donated
45 Works with
46 Longings
48 Carte lead-in

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

					2			4
9		5			4	3		
	1						2	7
		1		5				8
			3		1			
6				4		9		
1	4						3	
		3	6			2		1
8			4					

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

6	4	9	1	7	8	3	5	2
8	3	7	5	2	9	1	6	4
2	5	1	3	6	4	7	9	8
1	8	4	7	5	3	6	2	9
7	2	5	9	1	6	8	4	3
9	6	3	8	4	2	5	1	7
3	9	2	6	8	5	4	7	1
4	1	6	2	3	7	9	8	5
5	7	8	4	9	1	2	3	6

On the web

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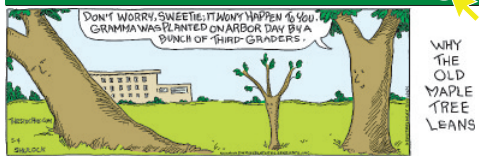
DON'T WORRY, SWEETIE, IT WON'T HAPPEN TO YOU. GRAMMA WAS PLANTED ON ARBOR DAY BY A BUNCH OF THIRD GRADERS.
WHY THE OLD MAPLE TREE LEANS

Metro Recipe of the Day

Spicy Lamb Stew with Couscous

INGREDIENTS:

1 boneless leg of lamb, cubed
1 small onion, chopped
2 cloves garlic, chopped
1/2 tsp cayenne pepper
1 cinnamon stick, broken in half
1 tsp ground ginger
1 tsp paprika
1/4 tsp crumbled saffron threads
3/4 cup dried apricots, quartered
1 cup chopped carrots
1 cup chopped zucchini
2 tomatoes, chopped
3 tbsp chopped cilantro
3 tbsp chopped fresh parsley
1 1/2 cups couscous

METHOD:

1. In large pot, combine lamb, onion, garlic, cayenne pepper, cinnamon, ginger, paprika, saffron, and salt and pepper to taste. Add enough water to cover and simmer mixture, covered, 1 hour 30 minutes.

2. Add apricots, carrots, zucchini, tomatoes, 2 tbsp cilantro and 2 tbsp parsley and simmer, covered, 15 minutes.

3. Meanwhile, put couscous in bowl, just cover with cold water it and let stand 5 minutes to absorb liquid.

4. Transfer couscous to sieve: steam over stew until warm, about 15 minutes. Fluff with fork and add salt to taste.

5. Spoon couscous onto serving dish. Using slotted spoon, top couscous with lamb and vegetables and sprinkle with remaining cilantro and parsley. Serve cooking liquid on side as sauce.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
As usual you have said too much and as usual you don't care. Anyone who expects an Aries to keep their opinions to themselves is in for a very long wait.

TAURUS ♉
APRIL 21-MAY 21
Something that has been causing you a great deal of confusion will become crystal clear at some point today.

GEMINI ♊
MAY 22-JUNE 21
It might be wise to keep your thoughts to yourself today, especially if they are the sort that are likely to start arguments.

CANCER ♋
JUNE 22-JULY 22
If you believe that you can do something then you will get it done. If you believe that you can't do something then no amount of effort will work.

LEO ♌
JULY 23-AUG 23
You may not be happy with the direction your life is moving but don't worry about it to such an extent that you risk making yourself ill.

VIRGO ♍
AUG 24-SEPT 22
Someone is talking behind your back and trying to damage your reputation. So what do you do about it? Pretend they don't exist.

LIBRA ♎
SEPT 23-OCT 23
This is not a day for rash decisions, even though your head may be full of good ideas. If they are that good they will wait for another day.

SCORPIO ♏
OCT 24-NOV 22
You will make a big impression today, but will it be a good one or a bad one? Think long and hard about what you intend to say.

SAGITTARIUS ♐
NOV 23-DEC 21
What looks important now will seem totally insignificant later in the month, so try not to worry about it. Relax. Give your mind permission to roam.

CAPRICORN ♑
DEC 22-JAN 20
A problem you have spent hours, days, even weeks trying to solve will sort itself out without any input from you.

AQUARIUS ♒
JAN 21-FEB 18
Your temper will ignite today, but although you may have good reason to be angry you know it's not going to solve anything, so why bother?

PISCES ♓
FEB 19-MARCH 20
There is a great deal of energy in your chart at the moment but you need to find ways to release it constructively.

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Meliá Las Dunas • 4★
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ROGERS™ | iPhone 3GS

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